



Turn A Working Lunch Into A Walking Lunch!

Wednesday, April 28, 2010

Getting out of the office and on your feet for a walk at lunch is healthy and fun!

And who knows. . . . This may be the start of your daily walking routine and a worksite walking group.

And the end result. . . Helping you to improve your health one step at a time.

(Activity that requires moderate effort is safe for most people; however, if you have a chronic health condition (such as heart disease, arthritis or diabetes) or symptoms (such as chest pain or pressure, dizziness or joint pain) be sure to talk with your doctor about the types and amounts of physical activity that are right for you.)



It's Simple! Here's What To Do:

1. Bring sneakers or comfortable walking shoes with you to work on April 28th.
2. Take time out of your lunch break (i.e., 10, 15, 20 or 30 minutes) and go for a walk outside your worksite. Encourage your co-workers to join you!
3. If weather or conditions are not the best, take your walk inside your building or climb the stairs.
4. After your walk, e-mail DelaWELL with your success story.



Have Questions? Contact DelaWELL:
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